

MIND Diet Plan Template

The following is a list of foods and recommended servings you may wish to include in your MIND diet plan:

Daily Recommendations:

Food Items	Daily Serving(s)
Whole grains	At least 3 servings
Vegetables (non-leafy greens)	At least 1 serving
Red wine	1 serving (5 oz.)

Weekly Servings:

Food Items	Weekly Serving(s)
Beans	At least 2 servings
Green, leafy vegetables	At least 6 servings
Fish	At least 1 meal
Nuts	At least 5 servings (One serving = $\frac{1}{4}$ cup)
Poultry	At least 2 meals

Other Recommendations:

- If using an added fat, individuals should aim to use **olive oil**.

Food to Limit or Avoid:

Though these foods are not encouraged for the MIND diet, the following serving sizes are recommended if individuals do choose to consume them.

Food Items	Servings
Butter and Margarine	Less than 1 tablespoon per day
Pasties and Sweets	Less than 5 servings weekly

Red Meat (includes all beef, pork, lamb, and red meat products)	Less than 4 servings weekly
Fried food	Less than 1 serving weekly
Whole-fat cheese	Less than 1 serving weekly

Additional Notes and Recommendations:

Mind Diet Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
Lunch							
Dinner							
Beverages and Snacks							